FINDINGS OF THE SURVEY OF REST AND RETIREMENT HOMES

Ontario

Office for
Senior Citizens' Affairs
Mavis Wilson, Minister

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I am pleased to make available the Findings of the Survey of Rest and Retirement Homes prepared by the Office for Senior Citizens' Affairs.

In its White Paper, *A New Agenda*, the Government set out strategies for developing a comprehensive system of health and social services for Ontario seniors. One of the initiatives identified in *A New Agenda* is a review of options for ensuring quality of care in rest and retirement homes.

Although the rest and retirement home sector is well established in Ontario, neither the industry nor the government has had access to a reliable body of information about it. Consequently, prior to this survey, there was no accurate picture of the industry's dimensions and characteristics.

This study is the first overview of rest and retirement homes in Ontario. It describes the numbers, size, and geographic distribution of these diverse facilities, the types of care and services available, and the primary client groups served.

I am confident that the results of this survey will further our understanding of this complex industry. The findings provide a good basis for further analysis and will contribute to future policy development.

I would like to thank the Ontario Social Development Council, which established the inventory and conducted the survey on behalf of the Office for Senior Citizens' Affairs. I would also like to extend my thanks to the individual rest home operators who responded to the questionnaire. Their participation was essential in collecting this important body of information.

Additional copies of this survey are available from the Office for Senior Citizens' Affairs at 76 College Street, Toronto, Ontario, M7A 1N3, telephone (416) 965-5106.

Mavis Wilson

Mavis Wilson, M.P.P.
Dufferin-Peel
Minister

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INTRODUCTION

I. BACKGROUND

The White Paper "A New Agenda: Health and Social Service Strategies for Ontario's Seniors" included a commitment to determine the most appropriate approach to ensuring quality of care in rest and retirement homes.

Unfortunately, there was no accurate information regarding the magnitude and characteristics of the rest home industry in Ontario. This absence of information, as well as a lack of an agreed upon definition of a rest home, constituted a serious handicap in policy development. Consequently, as one of several initiatives in this area, the Office for Senior Citizens' Affairs launched a study to develop a province-wide data base on rest and retirement homes.

Accordingly, in February 1987 the Office for Senior Citizens' Affairs contracted with the Ontario Social Development Council to develop an inventory identifying all rest/retirement homes in the province and to survey the identified homes to determine the size and features of the homes, a profile of residents, and the care and services being provided.

II. THE INVENTORY

In order to develop the provincial inventory of rest homes and subsequently to survey those homes, it was necessary to have a definition of a rest home. Therefore, the following working definition was established for purposes of the inventory and survey:

> *A home or house or building or portion thereof which provides for a fee accommodation and* ***residential care*** *to two or more unrelated adult persons, but would not include:*
>
> *a hospital, nursing home, home for the aged, charitable institution, home for special care, group home or any other facility if its services are licensed, approved, or regulated by provincial legislation.*

For this working definition, **residential care** was defined as supervision and assistance with activities of daily living.

The inventory was compiled from information provided by discharge planners, psychiatric hospitals, municipal social service departments, municipal licensing officials, placement co-ordination services, district health councils, boards of health, and informal sources.

The inventory includes homes that were identified as of September 1987, but does not include facilities which were under construction or had not opened by that date. It is possible that some facilities, most likely smaller, converted dwellings, have been overlooked. In addition, some discretion was used by both the Social Development Council and the owners/ administrators of homes in determining if the facility fit the working definition of a rest home.

III. THE SURVEY

A questionnaire was developed by the Ontario Social Development Council in consultation with the Office for Senior Citizens' Affairs, the Ontario Long Term Residential Care Association, and social planning and geriatric experts. It was mailed in June 1987 to homes identified in the inventory. Almost seventy-nine percent of the homes in the inventory returned their survey questionnaires.

Limitations of the Data

It is important to note that:

- The survey results describe rest and retirement homes at a particular point in time. This is a dynamic industry, and the numbers and types of homes and residents are undergoing change.
- The survey was of the rest and retirement homes, not of individual residents. This imposes some limitations on inferences which can be drawn about the residents.
- The survey results reflect the responses to the questionnaires as supplied by the owners and administrators of the facilities, with no independent confirmation of the responses.
- This is not a study of care requirements of residents. The care described is what the homes indicate they provide, not necessarily the care required by residents.
- Although a very high response rate was achieved, it should be noted that the homes in the inventory that did not respond do not necessarily reflect the distribution of homes and residents across the province.

Further, not all rest homes responding to the questionnaire answered every question. Therefore, there is variation in the total number of respondents for different pieces of information.

TABLE 1

INVENTORY OF REST/RETIREMENT HOMES: RESPONSES TO QUESTIONNAIRE AND PROVISION OF INFORMATION ON NUMBERS OF BEDS AND RESIDENTS

		# of Homes
TOTAL REST HOME INVENTORY		550
HOMES IN INVENTORY WHICH RESPONDED TO QUESTIONNAIRE		433
HOMES IN INVENTORY, NOT RESPONDING TO QUESTIONNAIRE BUT PROVIDING THE FOLLOWING INFORMATION:		117
Numbers of Beds and Residents Only	94	
Number of Beds Only	8	
Address Only	15	
RESPONSE RATE TO QUESTIONNAIRE		78.7%

TABLE 2

NUMBERS OF HOMES, BEDS AND RESIDENTS IN INVENTORY

Status	# of Homes	# of Beds	# of Residents
Total number of homes in inventory	550	—	—
Number of homes providing information on the number of beds	535	23,620	—
Number of homes providing information on the number of beds and residents	527	22,821	17,348

TABLE 3

GEOGRAPHIC DISTRIBUTION OF HOMES AND BEDS IN ONTARIO

Region*	Homes		Beds		Population
	#	%	#	%	%
Northeast	30	5.6	650	2.7	6.3
Northwest	2	0.4	51	0.2	2.2
Southwest	98	18.4	4,862	20.6	14.3
Central West	151	28.2	5,402	22.9	19.5
Central East	150	28.0	8,476	35.9	43.6
Eastern	104	19.4	4,179	17.7	14.1
Total	535**	100.0	23,620	100.0	100.0

* Ministry of Health Regions.
** Of the 550 homes in the inventory, 15 homes did not report the number of beds.

TABLE 4

DISTRIBUTION OF HOMES AND BEDS BY SIZE OF HOME

Size of Home	Homes		Beds		Average # of Beds
	#	%	#	%	
Small (1-30 beds)	298	55.7	4,957	21.0	16.6
Mid-Size (31-60 beds)	124	23.2	5,423	23.0	43.7
Large (61-150 beds)	97	18.1	8,897	37.7	91.7
Very Large (over 150 beds)	16	3.0	4,343	18.3	271.4
Total	**535***	**100.0**	**23,620**	**100.0**	**44.1**

* Of the 550 homes in the inventory, 15 homes did not report the number of beds.

TABLE 5

DISTRIBUTION OF HOMES AND BEDS BY SELECTED OCCUPANCY LEVELS

Occupancy Level	Homes #	Beds #	Residents #	Occupancy Rate %
Under 25%	16	840	56	6.7
90-100%	214	8,436	8,124	96.3
All Homes	527*	22,821	17,348	76.0

* Of 550 homes in the inventory, 23 homes did not report number of residents.

TABLE 6

DISTRIBUTION OF REST HOMES BY PROFIT/NON-PROFIT OWNERSHIP

Type of Ownership	Homes		Beds	
	#	%	#	%
Non-Profit	10	2.3	1,489	8.0
Profit	423	97.7	17,052	92.0
Total	433*	100.0	18,541	100.0

* Of 550 homes in the inventory, 433 responded to the survey.

TABLE 7

DISTRIBUTION OF RESIDENTS IN PROFIT/NON-PROFIT HOMES BY AGE OF RESIDENT (UNDER 65, 65 AND OVER)

Age of Resident	Non-Profit Residents		Profit Residents	
	#	%	#	%
Under 65	44	3.7	2,156	17.4
65 and Over	1,130	96.3	10,204	82.6
Total	1,174	100.0	12,360	100.0

Total Number of Homes 417*

* Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents.

TABLE 8

DISTRIBUTION OF HOMES, BEDS AND RESIDENTS BY TYPE OF FACILITY

Type of Facility*	Homes		Beds		Residents		Average # of Beds/ Home
	#	%	#	%	#	%	
Primarily Elderly	280	67.2	14,551	82.0	10,871	80.8	52
Mixed Ages	73	17.5	2,023	11.4	1,582	11.8	27.7
Primarily Under 65	64	15.3	1,166	6.6	1,005	7.4	18.2
Total	417**	100.0	17,740	100.0	13,458	100.0	42.5

* Definition of facility types

Primarily Elderly: At least 75% of the residents are 65 and over.

Mixed Ages: Fewer than 75% of the residents are 65 and over and fewer than 75% of the residents are under 65.

Primarily Under 65: At least 75% of the residents are under 65.

** Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents.

TABLE 9

HOMES RESPONDING TO AGE RELATED QUESTIONS

	Homes #	Beds #	Residents For Whom Age Reported* #
Homes reporting ages by detailed age groups**	393	15,810	11,943
Homes reporting ages as under 65 or 65 and over	24	1,930	1,515
Total homes reporting age related information	417	17,740	13,534
Total Survey	433	18,541	13,999

* There is a small difference (76) between the total number of residents reported to be living in the rest homes (13,458) and the total number of residents for whom age was reported (13,534). In this and other tables involving the distribution of residents by age, the number of residents refers to the total of those for whom age was reported.

** Detailed age groups include: under 18; 18-34; 35-59; 60-64; 65-74; 75-84; 85 and over.

TABLE 10

DISTRIBUTION OF RESIDENTS BY AGE OF RESIDENT (UNDER 65, 65 AND OVER)

Age of Resident	Residents	
	#	%
Under 65	2,200	16.3
65 and Over	11,334	83.7
Total	**13,534**	**100.0**

Total Number of Homes 417*

* Of the 433 homes responding to the survey, 16 homes did not report the ages of residents.

TABLE 11

DISTRIBUTION OF RESIDENTS BY AGE OF RESIDENT (IN AGE GROUPS)

Age Group	Residents	
	#	%
Under 18	2	0.0
18-34	461	3.8
35-59	1,076	9.0
60-64	515	4.3
65-74	1,591	13.3
75-84	4,489	37.3
85 and Over	3,885	32.3
Total	**12,019**	**100.0**

Total Number of Homes 393*

* Of the 433 homes responding to the survey, 16 homes did not report the ages of residents and 24 homes did not report ages in age groups.

TABLE 12

DISTRIBUTION OF RESIDENTS 65 AND OVER (IN AGE GROUPS)

Age Group	Residents	
	#	%
65-74	1,591	16.0
75-84	4,489	45.0
85 and Over	3,885	39.0
Total	9,965	100.0

Total Number of Homes 369*

* Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents, 24 homes did not report ages in age groups, and 24 homes indicated they have no residents 65 or over.

TABLE 13

DISTRIBUTION OF RESIDENTS UNDER 65 AND 65 AND OVER BY TYPE OF FACILITY

Type of Facility	Under 65 %	65 and Over %
Primarily Elderly	21.5	92.5
Mixed Ages	37.3	6.7
Primarily Under 65	41.2	0.8
Total	100.0	100.0
Total number of Homes	417*	

* Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents.

TABLE 14

DISTRIBUTION OF RESIDENTS BY AGE GROUPS AND TYPE OF FACILITY

Age Group	Type of Facility: Primarily Elderly %	Mixed Ages %	Primarily Under 65 %
Under 18	0.0	0.1	0.1
18-34	0.2	9.0	32.4
35-59	2.1	28.7	46.9
60-64	2.1	14.0	10.9
65-74	12.3	23.0	7.1
75-84	44.2	15.9	1.9
85 and Over	39.1	9.3	0.7
Total	**100.0**	**100.0**	**100.0**

				Total
Number of Residents	9,560	1,525	934	12,019
Number of Homes	263	71	59	393*

* Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents and 24 homes did not report ages in age groups.

TABLE 15

DISTRIBUTION OF RESIDENTS
BY AGE GROUP AND SIZE OF FACILITY

Age Group	Size of Facility			
	Small (1-30 Beds)	Mid-Size (31-60 Beds)	Large (61-150 Beds)	Very Large (Over 150 Beds)
	%	%	%	%
Under 18	0.1	0.0	0.0	0.0
18-34	9.0	3.1	2.4	0.0
35-59	19.6	9.1	4.5	1.8
60-64	7.6	5.3	2.2	1.9
65-74	15.3	14.7	10.9	12.5
75-84	25.9	33.7	43.6	47.8
85 and Over	22.5	34.1	36.4	36.0
Total	100.0	100.0	100.0	100.0

					Total
No. of Residents	2,956	3,151	3,954	1,958	12,019
Number of Homes	228	92	64	9	393*

* Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents and 24 homes did not report ages in age groups.

TABLE 16

DISTRIBUTION OF RESIDENTS BY SEX

Sex	Residents	
	#	%
Female	9,184	67.0
Male	4,521	33.0
Total	13,705	100.0

Total Number of Homes 420*

* Of the 433 homes responding to the survey, 13 homes did not report the sex of the residents.

TABLE 17

DISTRIBUTION OF RESIDENTS BY SEX AND TYPE OF FACILITY

Sex	Total	Type of Facility: Primarily Elderly	Mixed Ages	Primarily Under 65
	%	%	%	%
Female	67.1	72.8	45.8	37.8
Male	32.9	27.2	54.2	62.2
Total	100.0	100.0	100.0	100.0
Number of Residents	13,322	10,819	1,523	980
Number of Homes	412*	277	72	63

* Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents and an additional 5 homes did not report the sex of the residents.

TABLE 18

DISTRIBUTION OF TYPE OF FACILITY BY GEOGRAPHIC REGION

Type of Facility	Region*					
	Northeast %	Northwest %	Southwest %	Central West %	Central East %	Eastern %
Primarily Elderly	52.2	0.0	70.9	63.5	82.1	58.1
Mixed Ages	21.7	100.0	17.7	13.5	8.4	30.1
Primarily Under 65	26.1	0.0	11.4	23.0	9.5	11.8
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
Number of Homes	23	1	79	126	95	93
Total Number of Homes		417**				

* Ministry of Health Regions

** Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents.

TABLE 19

DISTRIBUTION OF HOMES BY GEOGRAPHIC REGION AND TYPE OF FACILITY

Region*	Type of Facility: Primarily Elderly %	Mixed Ages %	Primarily Under 65 %
Northeast	4.3	6.8	9.4
Northwest	0.0	1.4	0.0
Southwest	20.0	19.2	14.1
Central West	28.6	23.3	45.2
Central East	27.8	10.9	14.1
Eastern	19.3	38.4	17.2
Total	100.0	100.0	100.0
Number of Homes	280	73	64
Total Number of Homes	417**		

* Ministry of Health Regions

** Of the 433 homes responding to the survey, 16 homes did not report the ages of the residents.

TABLE 20

SUBSIDIZED RESIDENTS*

Number of Subsidized Residents	2,594
Number of Residents in All Homes	13,999
Percentage of Residents who are Subsidized	18.5%

HOMES WITH SUBSIDIZED RESIDENTS

Number of Homes with Subsidized Residents	193
Total Number of Homes	433**
Percentage of Homes With Subsidized Residents	44.6%

SUBSIDIZED RESIDENTS IN HOMES WITH SUBSIDIZED RESIDENTS

Number of Subsidized Residents	2,594
Number of Residents in Homes with Subsidized Residents	6,229
Percentage of Residents who are Subsidized in Homes with Subsidized Residents	41.6%

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* Subsidized residents are those residents who receive a subsidy under the *General Welfare Assistance Act*, as residents of a "Domiciliary Hostel".

** Of the 433 homes responding to the survey, 240 homes indicated that they had no subsidized residents.

TABLE 21

DISTRIBUTION OF SUBSIDIZED RESIDENTS
BY CONCENTRATION OF SUBSIDIZED RESIDENTS

Concentration of Subsidized Residents	Subsidized Residents		Homes
	#	%	#
Low (1-25% of residents in home receive a subsidy)	326	12.5	62
Medium (26-50% of residents in home receive a subsidy)	619	23.9	45
High (51-75% of residents in home receive a subsidy)	542	20.9	26
Very High (76-100% of residents in home receive a subsidy)	1,107	42.7	60
Total	2,594	100.0	193*

* Of the 433 homes responding to the survey, 240 homes indicated that they had no subsidized residents.

TABLE 22

PROPORTION OF SUBSIDIZED RESIDENTS BY TYPE OF FACILITY

	Type of Facility			
	Primarily Elderly	Mixed Ages	Primarily Under 65	Total
Number of Subsidized Residents	981	861	655	2,497
Proportion of Subsidized Residents	39.3%	34.5%	26.2%	100.0%

Total Number of Homes 188*

* Of 193 homes reporting subsidized residents, 5 did not report ages of residents.

TABLE 23

DISTRIBUTION OF SUBSIDIZED RESIDENTS BY TYPE OF FACILITY

	Type of Facility			
	Primarily Elderly	Mixed Ages	Primarily Under 65	Total
Number of Subsidized Residents	981	861	655	2,497
Total Number of Residents	10,871	1,582	1,005	13,458
Proportion of Residents who are Subsidized	9.0%	54.4%	65.2%	18.6%

Total Number of Homes 188*

* Of 193 homes reporting subsidized residents, 5 did not report ages of residents.

TABLE 24

DISTRIBUTION OF RESIDENTS WHO ARE SUBSIDIZED IN HOMES WITH SUBSIDIZED RESIDENTS BY TYPE OF FACILITY

	Type of Facility			
	Primarily Elderly	Mixed Ages	Primarily Under 65	Total
Number of Subsidized Residents	981	861	655	2,497
Number of Residents In Homes with Subsidized Residents	3,776	1,423	776	5,975
Proportion of Residents who are Subsidized in Homes with Subsidized Residents	26.0%	60.5%	84.4%	41.8%

Total Number of Homes 188*

* Of 193 homes reporting subsidized residents, 5 did not report ages of residents.

TABLE 25

DISTRIBUTION OF RESIDENTS UNDER 65 BY TYPE OF DISABILITY*

	Type of Disability			
	Physical	Psychiatric	Developmental	Alcohol/Drug Dependence
Percentage of Total Reported Disabilities	15.5%	58.3%	17.2%	8.9%
Number of Homes Reporting Residents with Disabilities	132	172	106	70

Total Number of Reported Disabilities	2,098
Total Number of Homes	245**

* Homes were asked to provide information regarding disabilities only for those residents under 65.

** Of the 287 homes with residents under 65, 42 homes reported no disabilities for residents under 65.

TABLE 26

DISTRIBUTION OF RESIDENTS UNDER 65 WITH DISABILITIES BY TYPE OF FACILITY*

Disability	Type of Facility: Primarily Elderly %	Mixed Ages %	Primarily Under 65 %
Physical	34.0	16.9	5.0
Psychiatric	42.0	54.7	69.9
Developmental	14.2	18.4	17.6
Alcohol/Drug Dependence	9.8	10.0	7.5
Total	100.0	100.0	100.0
Total Number of Reported Disabilities	438	795	865
Total Number of Homes		245**	

* Homes were asked to provide information regarding disabilities only for those residents under 65.

** Of the 287 homes with residents under 65, 42 homes reported no disabilities for residents under 65.

TABLE 27

DISTRIBUTION OF RESIDENTS UNDER 65 WITH DISABILITIES BY CONCENTRATION OF SUBSIDIZED RESIDENTS*

Concentration of Subsidized Residents	Type of Disability			
	Physical %	Psychiatric %	Developmental %	Alcohol/Drug Dependence %
None (0% of residents receive a subsidy)	30.7	19.1	11.1	14.9
Low (1-25% of residents receive a subsidy)	15.0	10.1	8.3	9.6
Medium (26-50% of residents receive a subsidy)	16.3	7.5	20.3	13.8
High (51-75% of residents receive a subsidy)	25.2	16.7	16.7	15.4
Very High (76-100% of residents receive a subsidy)	12.8	46.6	43.6	46.3
Total	**100.0**	**100.0**	**100.0**	**100.0**

Total Number of Reported Disabilities 2,098

Total Number of Homes 245**

* Homes were asked to provide information regarding disabilities only for those residents under 65.

** Of the 287 homes with residents under 65, 42 homes reported no disabilities for residents under 65.

TABLE 28

DISTRIBUTION OF HOMES OFFERING SPECIFIED SERVICES BY SIZE OF HOME

Type of Service	All Homes	Size of Home: Small (1-30 Beds)	Mid-Size (31-60 Beds)	Large (61-150 Beds)	Very Large (Over 150 Beds)
	%	%	%	%	%
Staff on Duty 24 Hours	95.8	92.6	100.0	100.0	100.0
Three Meals	95.8	97.3	95.8	93.0	83.3
Laundry	95.6	97.3	96.9	91.5	75.0
Housekeeping	95.1	94.2	96.9	94.4	100.0
Medication Supervision	93.6	93.4	94.8	93.0	91.7
Bath Aid	85.2	82.7	88.5	87.3	91.7
Hairdressing (Barber)	72.1	64.2	84.3	80.3	75.0
Dressing Aid	65.7	57.1	75.0	77.5	83.3
Incontinence Care	44.0	40.7	42.7	53.5	58.3
Nursing Care	37.0	27.9	49.0	49.3	41.7
Feeding Aid	24.0	20.4	24.0	31.0	50.0
Physiotherapy	14.8	10.2	19.8	21.1	25.0
Occupational Therapy	5.4	4.9	5.2	7.0	8.3
Speech Therapy	4.0	3.1	4.2	7.0	0.0
Two Meals	3.2	1.3	4.2	8.4	0.0
One Meal	1.5	0.4	1.0	2.8	16.7
Total Number of Homes	405*				

* Of 433 homes responding to the survey, 28 did not provide information on specific services offered.

TABLE 29

EXTRA CHARGES FOR SERVICES BY SIZE OF HOME

Type of Service	All Homes	Size of Home: Small (1-30 Beds)	Mid-Size (31-60 Beds)	Large (61-150 Beds)	Very Large (Over 150 Beds)
	%	%	%	%	%
Hairdressing	68.2	53.1	79.0	89.5	77.8
Incontinence Care	41.0	31.5	47.6	52.6	57.1
Laundry	6.2	3.6	8.6	10.8	11.1
Bath Aid	2.9	1.1	2.4	3.2	36.4

TABLE 30

HOMES IN WHICH RESIDENTS ARE UTILIZING COMMUNITY SERVICES BY SIZE OF HOME

Type of Service	All Homes %	Size of Home: Small (1-30 Beds) %	Mid-Size (31-60 Beds) %	Large (61-150 Beds) %	Very Large (Over 150 Beds) %
Pastoral Services	69.7	60.0	80.2	84.2	83.3
Friendly Visiting	51.0	50.8	56.4	43.4	58.3
Volunteer Driver	42.5	37.3	43.6	56.6	50.0
Home Care	37.2	30.7	45.5	40.8	75.0
Psychiatric Program	34.6	34.4	27.7	40.8	58.3
Public Health Nurse	30.9	32.0	30.7	26.3	41.7
Disability Program	25.9	14.3	26.7	56.6	58.3
Private Nurse	14.5	4.9	15.8	38.2	50.0
Private Attendant Care	13.9	5.7	12.9	34.2	58.3

Total Number of Homes 433

TABLE 31

COMPOSITION OF FULL-TIME STAFF IN HOMES

Full-Time Staff	Homes*	
	#	%
Registered Nurse and Registered Nursing Assistant**	112	25.9
Registered Nurse**	75	17.3
Registered Nursing Assistant**	63	14.5
Health Care Aide	60	13.9
Other	123	28.4
TOTAL	433	100.0

* Homes may employ more than one staff person in each of the categories listed.

** 187 homes (43.2%) have at least 1 full-time registered nurse on staff and 175 homes (40.4%) have at least 1 full-time registered nursing assistant.